

Department of Human Nutrition
St. Francis Xavier University
Student Checklist 2022

Administrative Assistants: Chrissy Pelrine (cpelrine@stfx.ca)
Robin Campbell (rocampbe@stfx.ca)

Chair – Ann Fox (afox@stfx.ca), JBB 207

As a new student, it is important to do the following:

- Check Department website regularly- <https://www.stfx.ca/academics/science/human-nutrition>, as well as our social media accounts:
 - <https://www.facebook.com/stfxHNU/>
 - <https://twitter.com/StFXHNU>
 - <https://www.facebook.com/stfx.idi>
 - <https://www.instagram.com/stfxsportnutrition/>

- Check Faculty Advisor list posted in JBB 239A (student resource room) and get to know your advisor. Faculty office hours are posted on office doors.
- Bring student advising sheet (colored normal course sequence sheets available in the main office – JBB room 208 and posted online ([Click here](#)) to meetings with Faculty Advisor.
- Check your student advising sheet to make sure you are taking the required courses. Check pre-requisites; make sure you have the required background courses.
- Check your St.F.X. email account regularly – messages from department and your societies will come to that account.
- Attend a library orientation session
- Visit your student lounge, room JBB 244.
- Attend the new year social drop-in on **Monday Sept 5th , 9:00-10:30am in JBB 255.**
- If interested in dietetics, attend the general information session on the STFX Integrated Dietetic Internship (IDI) as well as other graduate dietetic internship programs on Friday, September 23rd
11:15am - 12:30pm

MULH 4034

- Meet Laura Reid, IDI Co-ordinator (lreid@stfx.ca or 902-867-5039) and Angela MacDonald, IDI Co-ordinator (ahmacdon@stfx.ca or 902-867-4694)
- Get involved with the student societies - Nutrition Society and Dietitians of Canada or the Canadian Nutrition Society. Keep an eye on the bulletin boards in the hallway outside of JBB 237 for more information.
- Orient yourself to Moodle.
- Attend HNU seminars.
- Check out our program options including Co-op education, Family Studies B.Ed., and a 5th year Human Kinetics degree. More info at: <https://www.mystfx.ca/human-nutrition/academic-advising/degree-programs> and <https://www.mystfx.ca/human-nutrition/academic-advising/co-op-education>